

Health Bulletin:

Back to School



nyc.gov/health

#29 in a series of Health Bulletins on issues of pressing interest to all New Yorkers



Healthy kids learn better.

- School medical requirements help keep kids healthy.
- New students in NYC must have a medical evaluation to attend school.
- All children in day care need a medical evaluation every year.
- All NYC kids must also be up-to-date on their shots.
- To help keep track of your child's vaccinations, doctors enter them in the Citywide Immunization Registry. For a copy of your child's record, call 311.



All New Students in NYC Need a Medical Evaluation (Check-Up)

New students need a medical exam no matter what kind of school they are entering – public or private.

What Does 'New Student' Mean?

- A child entering day care, pre-school, or grades K-12 in NYC for the *first time* is a new student.
- A child who *returns to school in NYC* after being away 1 year or longer is also considered a new student.
- Children who *transfer between public and private schools* in NYC are usually considered new students.

Who Is *NOT* a 'New Student'?

- Children who *transfer between NYC public schools* are usually *NOT* considered new students.
- Kids who enter a NYC school *after graduating* from another one are *NOT* new students. For example, a child who graduates from elementary school and goes to intermediate school the following year is not a new student.

Not sure if your child needs an exam? Ask the school nurse.

Children in Day Care Also Need a Medical Evaluation

- All children (not just new entrants) need a medical exam once a year to attend day care – even if they went to day care before.
- They will also need a new medical exam when entering kindergarten.

What Does the Medical Exam Include?

- Your doctor will do a physical exam and give your child required immunizations (shots).
- The doctor will also ask about nutrition and make sure your child is developing properly.
- Depending on your child's age, the doctor will do certain tests:
 - Children age 1 and 2 years (and older children at risk) will get a blood lead test to check for lead poisoning.
 - *Only students entering secondary school* need a tuberculin skin test —and only if they have never attended school in NYC before.
- For new students, the doctor will fill out a "New Admission Examination Form 211S." You must return this form to the school nurse or principal's office within 2 weeks of enrollment.

What Shots Are Needed for School?

- There are different requirements, depending on the grade your child is in.
 - Your doctor will know which shots are needed.
 - Beginning this year, 6th graders will need to have had a chicken pox (varicella) vaccination.
- The doctor will fill out an immunization card. You must return this card to your child's school at the start of the school year.

Available in Spanish and Chinese: call 311 or visit nyc.gov/health
Disponible en español: llame al 311 o visite nyc.gov/health
需要中文服務 - 可電 311 或造訪網址 nyc.gov/health



How to Find a Doctor

- If you have health insurance, get a doctor through your health plan.
- **If you don't have insurance**, you can still get good care, regardless of your immigration status or ability to pay (see **More Information**).

Where to Get Shots for Your Child

- Your child's doctor can give any needed shots.
- Children can also get immunizations at low or no cost at Health Department and other clinics (see **More Information**).

Health Services Available at School

- **Medicine at school.** If your child needs to take medicine (such as asthma medicine) at school, ask your doctor to fill out a "Multi-Use Medication" form, and give it to the school. (Available at www.nycenet.edu/Parents/Essentials/Health/SetForms/default.htm.)
- **Asthma management.** If your child has asthma, ask the doctor (in addition to the "Multi-Use Medication" form) for a written "Asthma Action Plan," and give a copy to the school. The Asthma Action Plan is available at www.nyc.gov/html/doh/downloads/pdf/asthma/plan1.pdf.
- **Vision and hearing screening**, including screening for amblyopia ("lazy eye").
- **Dental screening and dental sealant application.**



More Information

- New York City Department of Health and Mental Hygiene: nyc.gov/health or call 311 and ask for **"Immunizations"**
- Citywide Immunization Registry: nyc.gov/health/cir or call 311
- Free or low-cost health insurance: call 311 and ask for **"Health Insurance"**
- Free or low-cost shots for your child: call 311 and ask for **"Immunizations"**
- Recommended Childhood and Adolescent Immunization Schedule (Centers for Disease Control and Prevention): <http://www.cdc.gov/nip/recs/child-schedule.pdf>
- Childhood Immunization Support Program (American Academy of Pediatrics): <http://www.cispimmunize.org>



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 Telephone Interpretation in 170 Languages**

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